Undercuments

🗓 The Navy's MWR Newsletter 🗓

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Director

Captain M.C. Albury carl.albury@persnet.navy.mil

From the Director:

Pack your bags and hitch up the wagon -- we're heading to the Mile High City of Denver! The Best

Western Landmark Hotel will be the site of the annual Navy MWR Meeting at NRPA. This year's meeting is bound to rejuvenate, inform, inspire, motivate and energize the recreation programmer in all of us! The Navy MWR Meeting starts Sunday, September 30 with a late afternoon registration and an informal networking social. The two-day meeting runs Monday and Tuesday, October 1-2.

The Navy Meeting will include:

- The session "Navy MWR A View From the Top";
- Several active and participant-centered sessions focusing on the four stages of recreation programming (assessment, planning, execution and evaluation);
- Field performer facilitated success stories / Q&A sessions;
- Guest speakers that are sure to have attendees out of their seats and actively engaged!

So if you're currently in a programming position or your "roots" are firmly entrenched in the field of recreation programming, then this meeting is for you!

Following the Navy MWR Meeting will be the National Recreation and Park Association (NRPA) Congress and the Armed Forces Recreation Society (AFRS) Professional Training Institute (PTI) Wednesday through Saturday, October 3-6. The AFRS Social will be held on Tuesday evening and the Opening General Session of NRPA will be on Wednesday following the PTI.

Throughout the NRPA, attendees will have more than 300 education sessions available to them. Here's just a few of the armed forces related sessions that will be offered at NRPA – "Fast Track to Management" presented by Steve Carlyon, USAF; "Internship Opportunities in Armed Forces Recreation" presented by Rick Harwell, USN; "Get 'NSYNC' With Your Youth and Staff" presented by Larrie' Jarvis and Karen Fritz, USN; "Ready-Set-Go For Real Change" presented by Dr. Ellen O'Sullivan; "99 Second Programs" coordinated by John Aimone, USN; "Recreation Management Information Systems" presented by Donald Reichert, USA and "How to Plan a Successful Golf Tournament" presented by Gayle Coyle, USCG.

Captain Carl Albury

For more information about NRPA/AFRS or the Navy MWR Meeting contact the MWR Training Branch. Copies of the Navy Meeting Announcement were faxed in late June. To obtain a copy of the announcement, registration or housing forms, please give us a call. See you in Denver!

BUSINESS ACTIVITIES BRANCH

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POC: Marlin Ruhl 901-874-6646, DSN 882-6646, marlin.ruhl@persnet.navy.mil **GOLF COURSE MAINTENANCE...** What percentage of your total golf course operating budget is for golf course maintenance? The typical, for-profit, golf course management company allocates well over 60% of its total expenditures (excluding F&B) for golf course maintenance. It is the single largest expense of any golf course and the most critical component of a golf operation.

If your maintenance budget is below 60% of your total expenses, then you may have too much non-essential overhead (excluding F&B). The golf course maintenance labor budget should be around 55% of the total maintenance budget. Other operating expenses (OOE's) such as parts, fertilizers, chemicals, herbicides, etc., should be around 45% of your budget. Most military courses spend far too much on labor, sometimes as high as 80% of the total maintenance budget while neglecting other areas.

The best way to keep your course looking green and healthy is to have the right balance between labor and OOE's in your golf course maintenance budget. Is your golf course maintenance budget a stand-alone department or expense? Creating a stand-alone department for golf course maintenance enables managers to have solid numbers on their biggest and most critical expense.

WE'RE REALLY COOKIN' NOW...On July 1, CFA Yokosuka opened an Orion's Cinnamon Street® Bakery concept in the Fleet Recreation Center. They plan to add an Orion's Hot Stuff Pizza® concept in the same location in the near future. NAS Fallon replaced their existing bowling center snack bar with an Orion's Hot Stuff Pizza® concept and opened for business on July 2. July 5th brought the unveiling of the newly renovated Desert Dome facility at NSA Bahrain. The facility sports an A&W and four Orion brands (Hot Stuff Pizza®, Nap's™ Alabama BBQ, Asian Creations™, and Cinnamon Street® Bakery). Early reports are that sales have been averaging \$4 - 6,000 per day. Hats off to Ed Echols and his team—keep up the good work!

FREE SATTELITE... Direct TV offers free (yes, FREE) NFL Sunday Ticket to any MWR activity that subscribes to Direct TV. This free offer has a value of \$1,500. There is no catch. It's FREE! If you already have Direct TV or if you don't, all you need to do is call 800-964-5311 and speak to Adam Lombardo at Direct TV. If you do not have Direct TV, your hardware and installation package should cost under \$1,000.

What could possibly make this offer even better? Well, you can get FREE hardware, which includes a satellite dish, 3 receivers and a \$500 installation allowance. The FREE hardware offer is available when you sign up for 3 additional programming services. Direct TV has a lot to offer your MWR activities!

LONG JOHN SILVER'S...NPC has recently added another national brand to our portfolio for direct run licensed operations. Under a new license agreement, Long John Silver's™ will offer their concept in MWR locations. Long John Silver's is part of Yorkshire Global Restaurants, which also owns and operates A&W Restaurants. Long John Silver's presents a new Seafood menu segment to our portfolio. Both non-traditional and co-

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branded agreements have been worked out and are available. The core menu reveals batter dipped seafood and chicken as well as hush puppies, coleslaw and french fries. The initial license fee is \$7,500 and royalties are 5%.

offer to pay their initial license fee, but we still have some left. We have prepaid license fees for A&W, Long John Silver's, Noble Roman's Pizza Express and one KFC Express.

FRIENDLY REMINDER...Several bases have taken us up on our

GRANT PROGRAM...Good News! The Live Entertainment Matching Grant Program has been continued for FY-02. Program details will be outlined in a letter to your Command in August. The grant program will continue to assist with live entertainment that focuses on the first-term Sailor. One change to the program is that only CONUS operations will be eligible for grants under this particular program. OCONUS bases are receiving funding for entertainment through other funding provisions.

MWR DIRECTORS & PROGRAM MANAGERS...Several field

inquiries have been received concerning Defense Commissary Agency (DeCA) purchases by MWR Activities. In accordance with DoD Directive 1330.17-R, paragraph 2-101.6, Armed Services Commissary Regulations, states that official organizations and other resale activities of the U.S. Military Services (except concessionaires) that are operated for uniformed personnel on active duty are authorized patrons of the commissary. MWR activities are allowed to purchase from the commissaries.

BOWLING...Congratulations to the following Navy Bowling Managers who satisfactorily completed the Dick Ritger Academy "Certified Bowling Instructors Program" for Skill Level I & II: Beth Bulko, NAB Little Creek; Pat Davidson, NAB Little Creek; Manuel Gonzalez, NAS Whidbey Island; Leslie Green, NAS Oceana; R.C. Jackson, NAVWPNSTA China Lake; Samuel Long, COMFLEACT Yokosuka; Ron Looney, NAS Meridian; Alfred Pluche, NNMC Bethesda; and Rex Robinson, CSS Panama City. For Skill Level III: Ed Andrews, FTCT Dam Neck; Sonny Rametta, NAS Sigonella; and Rios Carmen, NAVSTA Rooselvelt Roads.



FIELD ACTIVITY PHONE BOOK REVISION...The "Green Book" which was published in July 1999 has been sent to field activities to update changes in personnel, phone numbers, fax numbers and e-mail addresses. The new directory will list web page pages, time zone data, express delivery addresses, message PLADs, and Unit Identification Codes. Also, the basic information will be recorded in spreadsheet/database format thereby enabling ease of updating as well as other applications such as printing labels, sorting by categories, etc.

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CREDIT CARD PROCESSING IN JAPAN

With the help of MWR Okinawa, Mellon Bank began testing a new circuit installed for credit card processing in Japan. The circuit was installed in July and connectivity was established from Japan to the credit card processor. Further testing is being performed. Once results are evaluated, a roll out of electronic processing to Japan will begin.

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POC: Daryl Davis 901-874-6612, DSN 882-6612, daryl.davis@persnet.navy.mil or Dave Ranson 901-874-6674, DSN 882-6674, dave.ranson@persnet.navy.mil EUROS...In anticipation for the move to one currency in Europe, Community Bank, Bank of America's foreign partner, has mandated that all legacy currency accounts be converted to Euro dollar accounts as of June 30, 2001. The new process for ordering currency is very simple and fast. Community Bank users places the order for the currency with Otto Leiter, our Bank representative, who in turn notifies headquarters via facsimile. Headquarters electronically transfers the US dollar equivalent to Community Bank. The funding is then charged on your RAMCAS statement during the telecommunications process. Several of our Italian locations have made the conversion in the past weeks and have reported favorable results. For further information, please contact Jill McLane.

THE APF/USA TRAINING... (affectionately referred to as the APF/USA Roadshow) presented by Kathy Wade and Linda Allen was successfully kicked off at NPC and COMNAVREGSOUTH-EAST (Guantanamo Bay, Cuba) in June. This course is designed for MWR Directors, MWR Business Managers, Command Evaluation, and Local/Regional Comptrollers. Each participant will spend two fun-filled days learning about Appropriated Fund (APF) support as it applies to MWR and the use of APF support relative to the Utilization, Support, and Accountability (USA) Offset Program. We have received positive feedback along with numerous requests to provide additional classes.

NEW MWR CAPITAL FUNDING POLICY ANNOUNCED...On July 6, Navy MWR released a new capital funding policy effective for the FY-03 MWR nonappropriated fund construction program. Back in May, the NEXCOM/MWR Working Group discussed and approved the new policy that encourages Category C projects to be funded with loans instead of grants. The funding source for these loans is a portion of the Central NEXCOM Dividend. The Flag Level Council (FLEC) also subsequently approved the new policy.

The new policy statement establishes:

- That all NAF MWR projects will be reviewed for possible funding by a loan prior to being considered for a grant. All Category C projects, except those that produce no incremental revenue (fact of life), will be funded by loans. Most Category B projects will be funded by grants since Category B activities typically do not have the same revenue generating ability as Category C activities.
- That any project funded by a Central Fund Loan will be eligible to receive a matching grant of up to \$1M for any local, regional or major claimant cash invested in the project.
- That the Central Loan Program will provide a self-sustaining funding source for future projects. All loan repayments from Central Fund Loans will be plowed back into the capital program and re-loaned for new projects.

While the new policy statement was mailed to all MWR activities, it can also be accessed on the MWR Website.



July / August 2001

NAVY MOTION PICTURE SERVICE

Ron Rossman, Head, PERS-650 901-874-6536, DSN 882-6536, ron.rossman@persnet.navy.mil **SNEAK PEEKS ARE WELL RECEIVED...** June 7 & 8 kicked off a new motion picture entertainment opportunity for NMPS theaters in the United States: Free Sneak Preview Screenings! Twenty of the 29 eligible bases participated in what we hope to be the first of many special screening opportunities for our active duty and other eligible-patron audiences.

Evolution -- a funny film starring David Duchovney and Orlando Jones as a couple of community college science professors who make an amazing discovery of the evolution of alien life forms brought to earth via a meteor -- had NMPS audiences in Hawaii, California, Washington, Nevada, Illinois, Connecticut, Virginia, Maryland, North Carolina, South Carolina, Georgia, and Florida laughing in the aisles! In addition to the opportunity to see a movie on base before its commercial, off-base release, audiences enjoyed Evolution-themed giveaways in the form of beach balls, stickers, coasters and Frisbees provided by screening contractor Armed Forces Communications on behalf of Dreamworks. AFC also provided giveaways ("in-out" door hangers, t-shirts, etc.) compliments of the screening sponsor, VISA.

Overall, NMPS theaters averaged 84% audience capacity, filling 14,176 seats out of a possible 18,202! Concession sales averaged \$1.35 per person. Not bad for the first time around!

Here's what some of our theaters had to say about the screening:

"Everyone seemed to thoroughly enjoy the screening. Reaction to the movie was very positive, and all attendees liked the 'fun' atmosphere created before the showing with the contests, giveaways and bouncing beach balls." - Naval Air Station North Island

"The crowd felt so important that they were able to see Evolution before anyone else out in town." - Marine Corps Base Camp Lejeune

"The concession stand was kept busy from one hour before show time to approximately 30 minutes after the movie began." - Navy Region Hawaii

Keep your eyes and ears open for more information on screenings coming soon to a Navy Motion Picture Service base theater near you!

8MM VIDEOTAPE SHORE SITE LOCATIONS... The annual attendance reporting time for FY-01 (October 2000 though September 2001) is quickly approaching! As a reminder, you are to report the total attendance (adult and children) of all 8mm movies shown at all videotape sites at your command for the fiscal year. Attendance numbers reported should not be broken down by movie, day, or month. You should receive the attendance record form in September. If you have any questions or need further clarification regarding attendance, please contact Shannon Armbruster.

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FACILITIES & ACQUISITIONS BRANCH

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NAF CONTRACTING SUPPORT

If you have a NAF requirement for supplies or services that exceeds your warrant limit, we will be happy to assist you. Simply mail to us a copy of your purchase order or contract. We will sign it for you and forward it to the vendor! This can all be done via fax if time is critical. For more information, contact Ada.

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NAF CONTRACTING

If your job requires you to be involved in any part of the procurement process, you will benefit from taking the NAF Basic Contracting Course via correspondence. It's free and it contains valuable information that will help you understand procurement processes and procedures. For more information, or to request an enrollment application, contact Branda.

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CNO ISSUES CALL FOR DEMOLITION PROJECTS...for the period extending from FY-03 through FY-07. Project data for development of a service-wide demolition plan is due to CNO N445G by 10 October 2001. Nominations must include location, description and the total square feet to be demolished by each proposed project (reference CNO letter 11000 Ser N445C/1U594154 of 22 May 2001).

It is of critical importance that buildings requiring demolition for other MWR initiatives are nominated for funding through the Navy Plan. We strongly suggest that you look at least 5-10 years down the road. It will be very difficult to obtain supplemental support if your command fails to identify the demo requirements through this "call."

Another very important change to this program involves the scope of funding. Beginning with the FY-02 demolition program, candidate demolition projects may include the cost of relocating personnel and functions necessary to vacate a building as well as repair costs for the receiving facility.

For each project, a description of the functions to be relocated, along with the alteration and repair work proposed for each receiving facility, is required. Itemized costs are required for personnel and equipment relocation; interior alterations to the receiving facility; and repairs to the receiving facility. The total cost of the project, including relocation expenses, will be used to determine payback for project scoring. Total alteration and repair costs (exclusive of the cost of furnishings/equipment relocation) for the receiving facility may not exceed \$500K per demolition project. Please direct questions to John Thurber (202-685-9401) or Bruce Ulizio (202-685-9413) at NAVFAC.

ANTI-TERRORISM & FORCE PROTECTION (ATFP)...is required on all MILCON projects starting with FY-02. With the final rules expected this fall, ATFP will be required to be incorporated in all projects from all fund sources starting in FY-04.

Consequently, the Internal Needs Validation Study (INVS) is being modified to account for the siting requirements of ATFP. All new nominations must be submitted on the revised INVS form. Even low level hardening of a facility that cannot meet separation distances for ATFP can increase the cost of the facility by up to 25%.

Our goal is to build only on sites that allow for full separation distances and the minimum modifications to conventional construction. This will keep the cost of ATFP compliance down to about 1-3% cost increase. Note that ATFP may also impact the operation of some facilities. A new form is also available for pre-INVS use. Electronic copies of the new INVS documents will be provided with comments on all future pre-INVS submissions. Otherwise, new copies may be requested by e-mail from Craig Chapman.

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UPGRADE TIME...Do people tell you the restrooms and locker rooms of the gymnasium and fitness center are historical and look the same as when they came into the Navy 20 years ago? This may not be a compliment. Maybe it's time to upgrade those worn finishes and fixtures. In modern fitness facilities, metal lockers and toilet partitions should become a part of ancient history. High-density polyethylene is the recommended choice for lockers and toilet partitions. HDPE is a rigid solid plastic panel that is formed under pressure and comes in a variety of colors. Unlike metal. HDPE is rust-proof and resistant to many other types of corrosion and damage such as mildew, odors, stains, delamination. dents and graffiti. The only maintenance required is an occasional disinfecting. You can sand and buff out engraved graffiti. If your activity is thinking of updating historical facilities, consider the looks and durability of HDPE. Information on HDPE products is available in many recreation publications or contact Dave Munnell.

HEADS UP!..Often times during remodeling we focus all our attention on the walls and floors but we neglect the ceiling. Today's manufacturers offer a wide range of ceiling panels that can create interesting visual effects while still providing sound control. These products range from wave shaped panels to geometric shapes. They can be used to help accentuate a reception desk, sales counter or special area of interest. These products, along with traditional lay-in ceiling tiles, can add a tremendous amount of visual impact to your next interior-remodeling project. Information on these materials can be found in architectural publications, on the Internet, or from Scott Murphy.

YURTS...are round recreational living structures that are easy to install, strong and comfortable year-round. Their design is based on the portable, circular dwelling that originated in Central Asia and the Far East. Yurts provide attractive, revenue-producing accommodations with high life cycle value and proven product performance for parks and recreation areas. They are successful as rental units in campgrounds, parks and resort areas and as versatile recreation homes. Yurts can be engineered as temporary dwellings or permanent installations. Generous standard features and affordability add value and help stretch budgets. You can choose from a variety of customized options to suit your project specifications.

ADDING "WOW"...Curved lines for interiors and exteriors are the newest trend in architecture. Today, designers have the opportunity with new computer-aided design programs in partnership with new or improved building materials to integrate sophisticated curved lines into their projects. These curved lines can create an effect of transition within a space and add a sense of drama. Availability of these new building materials is becoming economically feasible in comparison to their predecessors. As more products are developed and improved, installations will become a straightforward and effortless process. Presently, products available include flexible gypsum board panels combined with a track system to create curved walls, or gypsum board suspension ceiling systems for vaults, arches or other creative, curved elements. For additional information on products that can create stylish curved lines for construction projects, call Lorie Boyd.

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UPDATE ON BUPERS RETIRE-MENT RESTRUCTURING PLAN

We are still awaiting DoD approval to brief Congress on the BUPERS restructuring plan. We anticipate that the new plan will be implemented within 6 months after Congress approval.

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CONCRETE TOPPER...Finally, athletic flooring that can be directly applied to concrete! This new product complies with NCAA basketball rules for bounce, rebound and hardness and is also suitable for other gym activities. Made with multi-layer vinyl, fiberglass and high-density foam construction, this product is guaranteed for seven years. This product may also be heat-welded for seamless floor applications. Game lines can also be applied at installed prices of less than \$6 per square foot for the entire application

MOVEABLE PRECAST BUILDINGS...can be used for numerous park and recreation facility needs, such as restrooms, locker rooms, dugouts, concession stands, ticket booths and more. Various finishes and sizes are available from 8 feet X 8 feet to 40 feet X 100 feet. These buildings are durable, secure, damage-resistant and maintenance-free. They can be easily installed on-site, with no footer or foundation necessary. The patented post-tensioned construction creates a fully watertight building that can withstand heavy wind loads.



CHANGE IN MILITARY LEAVE POLICY... Under the new rules, NAF employees are entitled to time off at full pay for certain types of active or inactive duty in the National Guard or as a Reserve of the Armed Forces. Covered employees are those serving in any NAF position and whose appointment is not restricted to one year or less time limitation. 5 U.S.C.6323(a) provides 15 calendar days per fiscal year for active duty, active duty training, and inactive duty training. An employee can carry over a maximum of 15 days into the next fiscal year. Previously, NAF employees were entitled to time off at full pay for only active duty training.

Inactive Duty Training is authorized training performed by members of a Reserve component not on active duty and performed in connection with the prescribed activities of the Reserve component. It consists of regularly scheduled unit training periods, additional training periods, and equivalent training.

Military leave should be credited to a full-time employee on the basis of an 8-hour workday. An employee may be charged military leave only for hours that the employee would otherwise have worked and received pay. Employees who request military leave for inactive duty training (which generally is 2, 4, or 6 hours in length) will now be charged only the amount of military leave necessary to cover the period of training and necessary travel. Members of the Reserves or and National Guard will no longer be charged military leave for weekends and holidays that occur within the period of military service.

THRIFT SAVINGS PLAN REMINDER...On July 1, the Thrift Savings Board began offering two additional funds for employees enrolled in TSP. To enroll in additional funds or to change your investment fund, employees must contact TSP directly via Internet or their voice response system. POC for NAF employees enrolled in TSP is Dave Greene.



POLICY & MANAGEMENT ASSISTANCE BRANCH

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FROM THE LEGAL BEAGLE... It has been brought to our attention that a military member has hired an attorney to pursue possible litigation against a nonappropriated fund instrumentality (NAFI) whom, without the military member's permission, used a picture of that member in a widely distributed commercial advertisement ad. The military member asserts the NAFI is seeking financial gain through the use of his picture, and thus, should be entitled to some form of compensation. To prevent similar claims filed against MWR, permission should be sought and obtained from those whose picture is to be used in any form of advertisement, commercial or otherwise. A release should be prepared by MWR and signed by the military member and any others photographed. If such a release cannot be obtained, the photograph must not be used. While it is not prohibited to photograph someone in a public place or at any event where the public is invited, obtaining such a release before publishing those photographs in advertisement and promotional ads is a must. Such photos can be used freely for "informational" purposes so long as the subjects are not portrayed in a false or offensive manner. A generic release form may be found on the MWR Legal Office web page at www. mwr.navy.mil/mwrprgms/legal.htm. For more information, contact Eric Kemp.

PULSE POINT...Training for the web-based version of Pulse Point will be held in Millington on September 12 & 13. This seminar is designed for MWR personnel who are responsible for the development, administration and analysis of customer assessment surveys using the web-based version of Pulse Point. Since the web-enabled version of Pulse Point requires the use of a web server, installations participating in the seminar are encouraged to send their local web administrator as well as a MWR representative. Quotas will be limited to two persons per installation.

TRAINING SEMINAR FOR THE WEB-BASED VERSION OF

QUESTION REGARDING OVERSEAS PATRONAGE... When overseas, is a local national government employee, whether paid with NAF or APF, considered an authorized MWR patron by virtue of the local national's employment status?

Student loading will be limited to 20 attendees. To register, contact Diane Steppe. For additional information about the contents

of the workshop, contact Jerry Anderson. This seminar will be

offered again in Millington on December 12 & 13.

The short answer is no. There is nothing in DoD Instruction 1015.10 *Programs for Military Morale, Welfare, and Recreation (MWR)*, of 3 Nov 95 that permits local national employees by virtue of their employment status to utilize MWR facilities, services, and programs. Authorized patronage of military MWR programs is well defined at enclosure (3) of DOD Instruction 1015.10. With that said, of course, unless specifically addressed in the Status of Forces Agreement (SOFA) concerned, local nationals, regardless of their employment status, may participate in certain MWR activities, programs, and services as a guest of an authorized patron, consistent with the guidelines established by the host command.

JUST A REMINDER FOR YOUR NAVY BALL COMMIT-

TEE...COs may use MWR NAFs to support an installation-wide Navy birthday celebration subject to the following criteria: MWR is represented on the Navy Ball committee and the purpose of MWR's involvement is to enhance the event, not subsidize ticket sales. MWR NAF support is limited to the purchase of such items as entertainment, decorations, e.g., table flower arrangements, small mementos. MWR's support is limited to the following dollar amounts:

- Event with less than 250 attendees \$2,000
- Event with 251 to 500 attendees \$2,750
- Event with over 500 attendees \$3,500

Members of the Navy Ball committee should examine the feasibility of holding the event on base, however, if sufficient MWR infrastructure does not exist to provide appropriate services for a large, infrequent, base-wide event such as the Navy Ball, the event should be held off base. Additionally, the local MWR organization should receive appropriate exposure (i.e., recognition for MWR's involvement) for the support provided to the Navy Ball.

MWR POLICY MANUAL HAS BEEN SIGNED... The MWR Policy Manual (BUPERSINST 1711.11C) has been signed and is on our MWR Website! Plans are to schedule a session at the upcoming Navy-wide meeting being held in conjunction with the NRPA conference to go over some of the highlights. Congratulations to Don Forinash, who has spent the past three years working on the

The new instruction (BUPERSINST 1710.11C) currently resides on "The BUPERS CD/Web Connection" and can be downloaded by accessing http://buperscd.technology.navy.mil/. Click on New/Revised Directives. You'll need ACROBAT 5.0, which can also be downloaded from that site. If your computer will not let you download ACROBAT 5.0, you may need to ask your IT person to set up your computer so that it can be downloaded.

SUPPORT SERVICES WORKSHOP A GREAT SUCCESS...

Thanks to all who attended the Support Services Workshop during the week of June 25. Y'all made it one of the best Support Services Workshops yet. For those of you who have never attended one of these workshops, you've been missing a great opportunity to meet with your NPC counterparts and your peers from MWR field activities worldwide and to discuss challenging issues that you deal with on a daily basis. Support Services workshops are designed for MWR managers/supervisors responsible for Support Services functions such as accounting, payroll, procurement, personnel NAF and APF budgeting, etc.). The next workshop is tentatively scheduled for the week of March 18.

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POC: Don Forinash, 901-874-6636, DSN 882-6636, don.forinash@persnet.navy.mil

POC: Greta Scheer, 901-874-6628, DSN 882-6628 greta.scheer@persnet.navy.mil

NFC FREQUENTLY ASKED QUESTIONS (FAQS)...QUESTION: Under what circumstances may NFCs sell Navy T-34B aircraft and use the funds generated from those sales to perform AD Inspections on the remaining T-34B aircraft?

POC: John Shaw, 901-874-6627, DSN 882-6627, john.shaw@persnet.navy.mil

ANSWER: None. Navy T-34B aircraft are APF assets, i.e., federal government-owned property, and cannot be disposed of by MWR in such a fashion where the proceeds would be returned to the NFC, MWR, or the installation. These aircraft are simply on loan to MWR in support of the NFCs, and once the NFC is done with the aircraft they are to be returned to Navy via the DRMO system. By law, DMRO must forward any proceeds received from the sale of these aircraft to the U.S. Treasury.

NEW PROGRAM MANAGER FOR CIVILIAN MWR ACTIVITIES AND BUPERS-SELF INSURANCE PROGRAM

Please join us in welcoming Marilou Andrada, our newest member of the Policy and Management Assistance Branch. While Marilou has been with Navy MWR for several years, she has cheerfully taken on the new challenge of providing program oversight for more than 70 civilian MWR activities Navy-wide, as well as the BUPERS Self-Insurance Program. We are sure you will be as delighted as we are to have such a quality person providing assistance to the field. Please feel free to contact Marilou with your questions regarding civilian MWR activities and for assistance in submitting claims under the self-insurance program.

POC: Marilou Andrada, 901-874-6810, DSN 882-6810, marilou.andrada@persnet.navy.mil

POC: Don Forinash, 901-874-6636, DSN 882-6636, don.forinash@persnet.navy.mil

FAA ISSUES AIRWORTHINESS DIRECTIVE (AD) TO IN-SPECT NAVY T-34A/B WING SPARS FOR CRACKS...On July

3, the Federal Aviation Administration (FAA) issued an Airworthiness Directive (AD 2001-13-18) requiring all T-34A/B aircraft to be inspected for possible cracks in the wing spars not later than August 16, 2001. The AD requires an initial inspection of the wing spars to be completed within the next 80 flight hours or 12 months, whichever occurs later. The FAA has authorized all T-34A/B owners/operators to continue operating the aircraft under the current AD flight restrictions as outlined in AD 99-12-02, e.g., maximum speed of 175 MPH, aerobatic maneuvers prohibited, etc., until compliance with the new AD. Therefore, as stated in NPC (PERS-658) letter 1710 of 10 July 2001 to all commands with Navy flying club operations, commanding officers are authorized to continue operating the T-34B aircraft consistent with the timelines of AD 2001-13-18.

As discussed in NPC (PERS-658) letter 1710 of 12 June 2001, the detailed inspections of these aircraft, as well as required repairs should any damage be discovered, will be quite expensive. Commands administering NFCs have been advised not to expend any nonappropriated funds in support of the required inspections without first receiving authorization from NPC via the chain of command.

MEMBERS OF THE COMMISSIONED OFFICER CORPS OF THE PUBLIC HEALTH SERVICE AUTHORIZED UNLIM-ITED USE OF MWR FACILITIES AND PROGRAMS...In ac-

cordance with enclosure (1) to SECNAVINST 1700.12 and Chapter 6 of BUPERSINST 1710.11C members of the Commissioned Officers Corps of the Public Health Service are authorized unlimited use of MWR facilities and programs. It has come to our attention that some MWR departments may be restricting or prohibiting use of MWR activities and programs by the Commissioned Officer Corps of the Public Health Service. Individual MWR activity/program managers should be advised that the Commissioned Officers Corps of the Public Health Service who hold uniformed services ID cards (vice DoD ID cards) are entitled to unlimited use of MWR facilities and programs, i.e., they are able to use MWR on the same basis as active duty.



TRAINING BRANCH

Mike Judd, Head, PERS-654, 901-874-6719, DSN 882-6719, mike.judd@persnet.navy.mil

THE SECOND CENTER OF EXCELLENCE

NSA Mid-South continues the Star Service vision to transform Navy MWR into a "best in class service leader" by beginning the process to become the Navy's second MWR Center of Excellence. Cycle of service team members and MWR leadership at NSA Mid-South will use this service leader enhancement program, which is imbedded with the core Star Service concepts, to identify and implement performance improvement interventions to ensure that exceptional customer service and a customer-driven culture becomes the standard for NSA Mid-South. Mayport. Naples and Sasebo have all requested to become Centers of Excellence in FY-02. Is your base or region ready for this exciting opportunity? Contact the Star Service Field Support Team for more details.

FY 02 TRAINING SCHEDULE

We're saving trees! The training schedule for FY-02 won't appear in a printed catalog this year. It is posted on the web www.mwr.navy.mil – look under Training. You'll find the entire FY-02 schedule including all the conferences and meetings we know about so far. Of course we'll keep sending notices out when a course is about to be conducted in your area.

POC: Beth Scott, 901-874-6737, DSN 882-6737, elizabeth.scott@persnet.navy.mil

KUDOS TO NAVY REGION SOUTHWEST... for developing and implementing a Customer Service Employee Rewards & Recognition Program utilizing a \$4,000 Star Service Connections Workshop grant from NPC. This exciting new program was recently launched throughout the region as an "Employee of the Month" concept. Both external and internal customers -- Remember Module One of Star Service: Achieving Extraordinary Customer Service (AECR)? -- can nominate an MWR employee who has provided them with extraordinary customer service for the Rewards & Recognition Program. A handpicked team of regional managers has determined the criteria to choose the best submission each month and will award the recipient with a premium gift basket. Navy Region Southwest has also incorporated a Customer Education Plan into this new Rewards & Recognition Program in an effort to educate our external customer on MWR's efforts to increase customer satisfaction and become a "best in class service leader." Congratulations to the Southwest Region.

NEW TRAINING COURSE... The Leadership Skills For Managers (LSFM) course is currently under development and will replace the **MA**nagement **S**kills **TR**aining (MASTR) course. Participants in the LSFM course will practice using a new Desk Reference that contains the Essential Management Competencies (EMC) necessary for managers and supervisors to be successful in their current and future positions within MWR.

The LSFM course and the EMC Desk Reference cover:

- **Duty 1.0 Improve Communications** deals with listening and speaking for understanding, using nonverbal communications, conducting meetings, briefings and presentations, networking, and communicating for win-win results.
- **Duty 2.0 Improve Performance** deals with improving staff performance, making decisions, testing and prioritizing solutions/ decisions, and coaching, counseling, tutoring, and mentoring.
- **Duty 3.0 Get Organized** deals with preparing individual goals and objectives, managing your time and things-to-do, delegating and getting yourself organized.
- **Duty 4.0 Manage Challenging Situations** deals with working with difficult people, handling customer service complaints, following protocol, managing change, and reducing your stress.
- **Duty 5.0 Lead Effectively** deals with walking your talk, building and leading teams, managing a diverse workforce, and empowering your staff/team members.

Watch for future course announcements and visit our Web site for more information to be published when this new course is ready later in FY-02.

CONTROLING ALCOHOL RISKS EFFECTIVELY (CARE)

PROGRAM... There is an NPC requirement that all alcohol servers be trained annually in the CARE program. To facilitate this requirement, we offer the CARE workshop that certifies your trainers to offer this training to your servers. We have scheduled two workshops -- San Diego on August 13 and Jacksonville on August 30. We plan to offer Hawaii, Europe, and Japan workshops in FY-02. For more info or registration applications, check www.mwr.navy.mil or contact Beth Scott.

FACILITATORS AND COORDINATORS GRADUATE...

Congratulations and an extra HURRAH for our newest Star Service Team Members. We are delighted to announce the certification of the following:

Facilitators: Corinne Brandt, PMRF Barking Sands; Antonella Calabrese, NSA LaMaddalena; Chris Chance, NAS JRB Ft Worth; Stonja Cherry, NWS Seal Beach; Amy Cimino, NAS Jacksonville; Daniel Cook, NAF Atsugi; Bear Dauenhauer, CBC Gulfport; Tracey Drews, CFAY; Steven Evans, NPC; Jane Jewell, NSA LaMaddalena; Joanne Jutras, NAF El Centro; Tom Kubalowski, CBC Gulfport; Alfred Maige, NAF Atsugi; Cindi Mansfield, NAVSTA San Diego; Faith Martin, NAS New Orleans; Sheila McCoy, NAF Atsugi; Alexia Melendez, NAVSTA Roosevelt Roads; Wanda Merideth, NPC; Yuji Ogiura, NSF Kamiseya; Dana Prather, NAF Atsugi; Donna Ruokonen, USNA Annapolis; Ligela Sandoval, NAS Lemoore; Linda Snedeker, NAS Fallon; Joli Spada, SUBASE San Diego; Mika Takayama, NAF Atsugi; Amy Vardaman, NAF Atsugi; Kim Zamecki, NBVC Pt Mugu.

Coordinators: Connie Callaway, NAF El Centro; Star Casanova, NAVSTA Roosevelt Roads; Wilma Castillones, NAF Atsugi; Amy Denker; NAS Lemoore; Teresa Dodd, NAB Little Creek; Kim Ellsworth, NAVSTA San Diego; Michelle Garcia, NAVSTA Norfolk; Zinieda Moral Jackson, WPNSTA Seal Beach; Timothy McKinney, NAVSTA Norfolk; Tammie Phillips, NNSY Norfolk; Lynn Prehn, CBC Port Hueneme; Wanda Riggs, San Diego; Lyn Sheldon, NAS Fallon; Beth Stuchko, NAS Jacksonville; Yoriko Tomiyama, NSF Kamiseya; Mance Tutt, NSA New Orleans; Nancy Volz, NSC Cheatham Annex; Dawn West, FCTC Dam Neck.

We are extremely proud of their accomplishments and wish them continued success as they enter the new culture of Achieving Extra Ordinary Relations.



MIS PROJECT UPDATE INFORMATION... The Mid-Atlantic and Southwest regions are setting up their local MWR and VQ implementation teams and will be working with our Headquarters teams to include these two regions through an efficient and effective transition process which has been refined at the pilot sites. The Mid-Atlantic region is set for their October 1 "Go Live" date. The Southwest region will be "going live" with the Financial and Controlling modules on February 1.

In our continuing efforts to prepare everyone for their AIMS/SAP implementation process, we look at what computer skills will be necessary for the end users to maximize the value of the system. Computer skills vary throughout the MWR/VQ world and to "level the playing field"; we are encouraging all our future SAP users to raise their individual computer skills. A great tool to accomplish this is the new Navy training site at www.navylearning.com. As a civilian working for the Navy, you are eligible for this self-paced, online training. They offer over 800 different courses from basic computer skills to Navy Leadership. Check out this free website for all information and elevate your skills to the levels necessary for a successful AIMS/SAP implementation.

COMPUTER SERVICES BRANCH

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COMMUNITY SUPPORT BRANCH

Pam Crespi, Head, PERS-659, 901-874-6700, DSN 882-6700, pam.crespi@persnet.navy.mil

POC: Ed Dunning, 901-874-6694, DSN 882-6694, ed.dunning@persnet.navy.mil

POC: Karen Fritz, 901-874-6690, DSN 882-6690, karen.fritz@persnet.navy.mil

NAVY WORLDWIDE ADVENTURE RACE TRAINING AND ORGANIZATIONAL MEETING... This meeting is for all those interested in being included in the 2003 series and those who want to learn more about planning progression, organization, and conducting adventure races. Adventure racing topics and briefings will include both in-house and contracted event formats to include risk management. Following the briefs we will further clarify and plan for the future direction of a Navy Adventure Racing Series. Attendees will set the organizational standards for the 2003 racing series. If you want to be included in the 2003 series it is highly recommended that you attend.

WILDERNESS FIRST RESPONDERS... I recently received this from Jim Hogrebe Manager of the Outdoor Recreation Center, NAS Whidbey Island. All I have to say is very good, Jim and Paul. Sign me up! Ed

Dear Wilderness First Responders:

The Outdoor Recreation Center at NAS Whidbey Island is enhancing our training schedule to include a monthly Wilderness First Responder Soap Note exercise that will be emailed to all of our WFR trained staff. This is intended to be placed in our individual training folders to document our continuing education efforts and to keep our "SOAP NOTE" skills alive we all acquired from our WFR training

NAS Whidbey Island's Outdoor Recreation Center guide, Paul Busic, has accepted the challenge to institute this training program. I am emailing the first "Soap Note" exercise to as many of you I have email addresses for.

Stay safe and educated, James Hogrebe, <u>orc@mwrwhidbey.com</u>

ITT CRUISIN', CRUISIN', CRUISIN'...Does your ITT operation sell cruises? If not, you may be missing the "boat". NPC is planning a cruise-selling seminar in Miami, Florida in November for those offices that want to catch the boat. The seminar is limited to the first 25 applicants and attendees will receive the training at no charge, as long as they can get to Miami at their installation's expense. This training will give the local office everything needed to be certified to sell cruises.

THANKS FOR YOUR HELP... The following individuals were instrumental in helping coordinate selections for this year's teen summit, which was held July 10-14 2001 in Alexandria, VA.

Gloria Douglas, NWS Earle; Cathy Mead, NAS Oceana; Patsy Alexander, NSB Kingsbay; Laura Knutson, CFA Sasebo; Genia Wessels, NAVSTA Pearl Harbor; Kristi Montandon, West Sound; Alison Raab, NAVSTA San Diego; Angie Johnson, NSA MidSouth; Liz Ruggiero, NAS Corpus Christi; Hellen Kelly, NAS Sigonella.

Each was a field coordinator for their identified region or claimancy. We thank each for their continued commitment and support of the Teen Summit program and all the hard work associated with organizing this process.

2001 YOUTH DEVELOPMENT CONFERENCES

Mark your region's dates and location on your calendar:

Southwest Region

August 28-31

Oklahoma City

Pacific Northwest Region

September 4-7

Boise

Northeast Region

September 4-7

Lancaster, PA

Southeast Region

September 11-14

Birmingham

Midwest Region

September 4-7

St. Louis

Pacific South Region

September 18-21 Monterey, CA **2001 YOUTH DEVELOPMENT CONFERENCES...**For all Boys & Girls Club Affiliates, Youth Development Conferences in each region are about to happen. These are great for staff that wants to learn about implementing programs that were formerly called Program Institutes. These conferences are B&GCA's premier training event for the youth development staff who work with Club members every day. The following is an excerpt from the B&GCA web-site:

The 2001 conferences have the same theme as this year's National Conference: Foundation for the Future: Continuing the Momentum. By participating in one of these newly expanded, intensive events, you will:

- * Connect with and embrace our Movement's mission, core beliefs, Youth Development Strategy and Youth Development Outcomes.
- * Gain new knowledge and skills for working effectively with youth, enhancing Club programming and implementing Movement strategic initiatives,
- * Build relationships with your peers, and
- * Celebrate our Movement's 140-year legacy of service to millions of American young people.

DIVERSITY IS OUR STRENGTH... was the theme of the 2001 Navy CDH Training in Minneapolis July 18 and 19, in conjunction with the National Association for Family Child Care conference. The training was well attended by 57 CDH and CDC staff representing 53 commands! The new Director, Office of the Secretary of Defense, Children and Youth Programs, Ms. Jan Witte was able to join us for many of our sessions to get "educated" about Navy child care issues. The director's and staff were "WOWed" by the Gung Ho! presentation. The majority is committed to bringing the message of Gung Ho! back to their individual programs and building an effective team with the CDP and SAC staff!

The new Navy CDP Trainer's Guidebook was also well received, as was the policy session with questions and answers. The CDH Directors from NWS Earle, NAS Lemoore, and NAS Pensacola provided their expertise during a panel discussion on "Conducting Effective Home Visits." The training ended on a "happy" note as Mr. Jim Atkinson, AKA "Mr. Happy", engaged the group in handson training and provided valuable ideas for working with the many school age children in child development homes.

The directors noted a continuous, positive growth in the number of CDH providers and the number of 0-3 year olds has increased as well! The Navy was well represented at the "Joint Services Event" where displays were provided by Navy Region Southwest, "Shifting the Balance"; NAS Meridian and NCBC Gulfport, "State of Mississippi Initiatives with the Navy"; and Navy Region Pearl Harbor, "Head Start Homes". Thanks to everyone who participated and special thanks goes to Ms. Betsy Coffey, NSU Saratoga Springs, for all her hard work with the conference room set-up and registration tasks!

TRAINING ANNOUNCEMENT

Dates are set and accommodations have been secured for the 2001 Navy Auto Skills Meeting. A training announcement with details and registration material has been put out. If you have not received notification, please contact Veronica Williams or Dianne Steppe in the Training Branch.

POC: Veronica Williams, 901-874-6720, DSN 882-6720, veronica.williams@persnet.navy.mil or Diane Steppe, 901-874-6718, DSN 882-6718, diane.steppe@persnet.navy.mil

CONTEST SUBMISSIONS

As an additional incentive to the aforementioned contest, participating activities in Car Care Month can also choose to submit an overview of their Car Care Month package. Format for submissions should include:

- A narrative which includes:
- Type of activities offered
- Participation numbers
- Participating organizations
- Significant outcomes or lessons learned
- Photos of the event
- Marketing and promotional material
- Any other relevant information

The top three winners (selected by a panel from PERS-659) will each receive \$2,500 for their outstanding effort. Submissions will be judged upon program content and creativity in types of programs offered. All packages must be submitted no later than January 1 to be eligible for consideration.

CAR CARE MONTH...With October recognized as National Car Care Month, Auto Skills programs are provided with the perfect opportunity to speak to the need for regular vehicle maintenance, while at the same time spotlighting programs and services. National Car Care Month is an annual event designed to increase public awareness about the benefits of good vehicle maintenance. A properly maintained vehicle, as opposed to one that's been neglected, is safer and more economical to operate. While this may not take a "rocket scientist" to figure out, 77% of cars studied in check lanes during the 2000 Car Care Month initiative failed. Types of failures ranged from low or dirty engine oil to excessive emissions, which were the precursor of bigger problems down the road if left unchecked.

Activities throughout the month can include, but are not limited to, showcasing your program and services through base newspaper, radio and television, free trial services at your facility, specialized "winterization" classes, and specials on other products and services throughout the month. All activities can be centered around one main event that showcases the months efforts and at the same time offers the Navy community an important service. Car Care Fairs are community events that offer numerous activities and services. Most integral to these fairs are the aforementioned "check lanes". Check lanes are designated areas where participants can have their cars vital systems and components checked. Once completed, they receive a rating sheet that shows how well their car scored and what areas need attention. This is the perfect tool to educate the community about the importance of regular vehicle upkeep and at the same time sell them on the benefits of utilizing the Auto Skills facilities and equipment. An interesting point of note here is that as a direct result of the check lanes performed in the past, 40% of the participating motorists had work done on their car immediately following the event. Think of this in terms of potential program participants or, in the case of operations with service garages, - revenue for services.

In addition to check lanes, the event may include: informational booths on car care, automotive safety displays, car care demonstrations and instructional clinics, games, food concessions, etc. It is suggested that for larger scale events, partnerships with community recreation be formed to help in the planning and implementation phases of development to give the event more of a "community" feel. Suggested sites are portions of parking lots at Commissaries or any other high traffic areas that will catch the attention of a passersby.

Navy Automotive Skills programs are encouraged to take an active role in promoting this month whether it be a large scale event such as a Car Care Fair or something as simple as a date for check lane service.

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FITNESS BRANCH

Kelly Powell, Head, PERS-651, 901-874-6634, DSN 882-6634, kelly.powell@persnet.navy.mil

FOOD PORTIONS

Many people attempting to lose weight have complained that they can't recognize a proper portion size. It can become especially frustrating to stay on track when eating away from home, in a restaurant, or on vacation. With access to seemingly limitless amounts of food how does a person know when they have achieved the right number of servings in each food group? Here are some easy to remember ways of looking at food that will help relate portions sizes to familiar items, and allow your client to stay on track.

- A *medium potato* should be the size of a computer mouse.
- An average bagel should be the size of a hockey puck.
- A *cup of fruit* should be the size of a
- A cup of lettuce is four leaves.
- *Three ounces of meat* is the size of a cassette tape.
- *Three ounces of grilled fish* is the size of your checkbook.
- *One ounce of cheese* is the size of four dice.
- One teaspoon of peanut butter equals one dice. And
- *One ounce of snack foods*—pretzels, etc. —equals a large handful.

Reprinted with permission from American Dietetic Association: www.eatright.org, "Daily Tip"

THE 2001 NAVY GOLF TEAM...

tryouts will be held at NAVSTA San Diego, CA from August 6-12. The Armed Forces Championship will held at MCAS Miramar from August 13-17.

HERBAL MEDICATIONS CAN INTERFERE WITH SUR-

GERY...is what a recent report in the *Journal of the American Medical Association* has concluded. The recent article states that patients planning to undergo surgery often fail to inform their physicians that they are taking herbal medications. This is an important piece of medical information considering that herbs act like medication and are potent enough to significantly affect how well a person recovers from surgery.

To make their point, research physicians from Chicago scanned the medical literature for information on the effects of herbal medications. They came up with the eight most commonly used herbs based on 1999 sales data and sought to clarify their physical effects on people. Although information on humans is scanty, they relied mainly on test tube and animal research. The search focused on eight commonly used herbal preparations: Echinacea, ephedra, garlic, ginkgo biloba, ginseng, kava, St. John's wort, and valerian.

The study raised some potential "red flags" with regard to these herbal preparations. For example, consumers purchase Echinacea for its reported effect that it boosts the immune system and can help protect against upper respiratory infections. In contrast, this report shows that long term use (longer than 8 weeks) suppresses the immune system and theoretically poses complications such as poor wound healing and increased risk of infections.

Ephedra, taken by consumers to promote weight loss and increase energy has a dose related effect on increasing blood pressure and heart rate. There is concern that in some individuals, spasms of the coronary and cerebral arteries may cause heart attack or stroke. Further evidence exists that ephedra may interfere with anesthesia. The literature review uncovered more than 1070 reported adverse events including fatal cardiac and central nervous system complications.

Garlic has the potential to lower blood pressure and decrease cholesterol levels but has a dose related effect of thinning the blood, which can increase risk of bleeding. Ginkgo also has shown potential risk of bleeding in surgical patients. Four cases of intracranial bleeding and one case of post-operative bleeding after gall bladder surgery have been attributed to Ginkgo.

Ginseng may interfere with blood thinning medications and in one case decreased the effectiveness of the anticoagulant drug warfarin. Kava, derived from the dried root of a pepper plant has shown to act as a sedative. This potential as a sedative may interact with anesthesia in surgical patients.

St. John's wort, touted as a treatment for mild-to-moderate depression was shown in a multicenter clinical trial to not be effective in treating major depression. The chemical make-up of St. John's wort can increase the metabolism of drugs taken post operatively by hospital patients.

Valerian is an herb found in America, Europe and Asia. It also has been used as a sedative and in treating insomnia. The body

DON'T FORGET TO EAT YOUR FRUITS AND VEGETABLES

National 5 A Day Week is coming in September. The theme this year is "5 A Day: Yes You Can!" The National Cancer Institute and the Produce For Better Health Foundation have a web site, www.5aday.gov, to help you promote the importance of eating five servings of fruits and vegetables everyday.

THE 2001 NAVY WOMEN'S SOFT- BALL TEAM... prepared at NSA Mid-South for the Armed Forces Championships. The Armed Forces Tournament is presently being played at Fort Indiantown Gap, PA from July 29 - August 3.

POC: Lt. Mike Criqui 901-874-4268, DSN 882-4268, michael.criqui@persnet.navy.mil

THE 2001 NAVY MEN'S SOFT- BALL TEAM...is currently at NAS/
JRB Fort Worth, TX preparing for the
Armed Forces Championships. The
Armed Forces Tournament will be at
Fort Hood, TX from August 13-18.

NAVY SPORTS APPLICATION DEADLINES

Applications are currently being accepted for Men's Soccer (August 10 deadline), Men's Basketball (September 20 deadline), Marathon (September 17 deadline), and Rugby (September 1 deadline). Please note that Navy Sports is still accepting applications from qualified individuals interested in coaching an All-Navy team. Applications should be submitted two months before the respective sport begins.

can become dependent on it and abrupt discontinuation can cause withdrawal symptoms, as was the case in one patient.

Anesthesiologists recommend that all herbal medications be stopped at least two to three weeks prior to surgery. The authors of this article show a more specific approach ranging from discontinuing from 24 hours to at least one week depending on the particular herb.

The potential exists for herbal medications to interact adversely with other herbs, prescribed medications, and surgical recovery. It is imperative that patients be honest with their physicians about the herbal supplements they consume so that potential negative consequences can be avoided.

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SHIPSHAPE WEIGHT MANAGEMENT PROGRAM IS COMING TO EIGHT NEW LOCATIONS...bringing the total number of sites to 29. The following MTF's or BMC's are either currently offering Shipshape or planning to have the program up and running soon. Annapolis, MD; Everett, WA; Guam; London; Millington, TN; Naples, Italy; Okinawa, Japan; Pearl Harbor; and Sigonella, Sicily. The complete list of locations with points of contact is listed at www.mwr.navy.mil/mwrprgms/shipshape.htm. Some callers have mentioned that the phone numbers are obsolete, so a revision of the listings has been made. If anyone is having a problem reaching a POC, please call LT Criqui. If the MTF near you is interested in bringing Shipshape to your location, you can call Lynn Kistler at the Navy Environmental Health Center for the instructor material. She can be reached at 757-462-5439.

THE 2001 NAVAL PENTATHLON TEAM...recently competed in the CISM World Championships in Istanbul, Turkey. The US Women's team, comprised of LTjg Bridget Ruiz (NPGS Monterey), 2LT Molly Salness (USMC), and LTjg Theresa Wise (USNH San Diego), won their third consecutive world team title. This is the third consecutive time that a U.S. woman has won the gold medal (2LT Molly Salness was overall champion).

THE 2001 NAVY TRIATHLON TEAM... recently competed in the Armed Forces Championships at Naval Base Ventura County, CA. The Navy team fared well this year with LTJG Stephen Fisher (USS Nevada) winning the bronze medal and advancing to the Armed Forces Triathlon team that will compete in the CISM Championships in Murska, Slovenia. Also making the Armed Forces team were GSM2 Tina Eakin (Pearl Harbor NSY & IMF) and LT Amy Baribeau (USCG Headquarters) finishing 5th and 6th overall.

The Armed Forces Team also did well. The Women's team finished 3rd overall with individual places of 5th, 10th, 13th, 14th, and 15th out of 46 competitors at the CISM Championships.

TWO NAVY TRIATHLETES... have qualified to compete in the International Triathlon Union World Championships to be held in Frederica, Denmark in August. LCDR Bruce Black (NSA MidSouth) and ENS Jennifer McCollough (United States Naval Academy) will compete as members of the United States Team.

